



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

COVID-19 SELF-TESTS

COVID-19 Self-Tests, also called “home tests” or “over the counter tests”, give you results in a few minutes. Self-Tests do not require a prescription and are available in pharmacies, retail stores, and online. Anyone can use a Self-Test, including children.

When to use Self-Tests

If you have had COVID-19 in the past 90 days, you do not need to be tested unless you develop new symptoms. If you do have new symptoms, consult a healthcare provider for testing recommendations.

If you have [symptoms](#) of COVID-19:

- Isolate and get tested immediately if possible.

If you have been exposed to someone with COVID-19:

- Take your test at least 5 days after exposure. If you are **NOT** [up to date](#) on COVID-19 vaccinations, quarantine at home for 5 days and follow [Isolation and Quarantine Guidance](#).
- If you are [up to date](#) on COVID-19 vaccinations you will not need to quarantine following an exposure but you should take a test.

If you don't have symptoms and have not been exposed to someone with COVID-19, use a self-test

- Consider testing before attending an indoor event or gathering. Test immediately before the gathering, or as close to the time of the event as possible.
- This is especially important when gathering with; [older adults](#), those who are [immunocompromised](#), or [individuals at risk for severe disease](#), and those are not [up to date](#) on their COVID-19 vaccines including children who cannot get vaccinated yet.

If you test negative for COVID-19:

- If your self-test is negative, there is still a chance you could be infected, especially if you have symptoms or have been exposed to someone with COVID-19. Consider repeating the self-test 1 – 2 days later or seek PCR testing. Multiple negative tests increase the confidence that you are not infected with the virus that causes COVID-19.

If you test positive for COVID-19:

- Self-isolate away from others for 5 days. See [Isolation and Quarantine Guidance](#).
- Wear a mask when you need to be around people for 10 days
- Inform those who need to know. See [Identifying and Talking to Your Close Contacts](#).
- Monitor your symptoms and contact your healthcare provider if necessary. For medical emergencies—trouble breathing, chest pain or other emergency symptoms—call 911.
- Positive self-test results do **NOT** need to be reported to Hawaii Department of Health (DOH) or your healthcare provider.